

New Visitor Questionnaire

1. What brings you to our website today?

- I'm looking for coaching/therapy services
- I need help with stress and anxiety management
- I want to improve my relationships
- I'm exploring personal growth and self-development
- I'm interested in mental wellness resources
- Just browsing

2. Have you ever received coaching or therapy before?

- Yes, I have experience with coaching/therapy
- No, this is my first time
- I've tried self-help resources but not professional coaching

3. What areas of life are you looking to improve? (Select all that apply)

- Mental & Emotional Well-being (Stress, Anxiety, Depression)
- Personal Growth & Self-Awareness
- Relationships & Marriage Counseling
- Career & Work-Life Balance
- Confidence & Self-Esteem
- Weight Management & Body Image
- Trauma Healing & Past Experiences

4. What type of service are you looking for?

- One-on-One Coaching/Therapy Sessions
- Group Therapy & Workshops
- Online Therapy & Self-Help Guides
- Video/Phone Consultations
- Wellness Courses & Training

5. How soon are you looking to start?

- Immediately
- Within a month
- Just exploring for now

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6. Personal Bio Details:

- Full Name: _____
- Age: _____
- Gender: Male / Female / Non-Binary / Other
- Occupation: _____
- City & Country: _____

7. Do you prefer in-person or online sessions?

- In-Person (If available in my area)
- Online (Video or Phone Call)
- No preference

8. What are your biggest challenges right now? (Select up to 3)

- Overthinking & Negative Thoughts
- Stress & Burnout
- Anxiety & Panic Attacks
- Low Self-Esteem & Confidence
- Relationship Issues
- Career Stress & Uncertainty
- Emotional Trauma
- Lack of Motivation & Direction

9. Have you ever been diagnosed with a mental health condition? (Optional)

- Yes (Please specify) _____
- No
- Prefer not to say

10. How would you describe your current emotional state?

- Very Stressed
- Somewhat Stressed
- Neutral
- Mostly Positive
- Very Positive

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11. Do you have any specific goals for therapy or coaching?

12. Preferred Mode of Contact:

- Email / Phone Call / WhatsApp / SMS

- Email Address: -----

- Phone Number (Optional): -----

13. Would you like to receive free mental wellness tips and updates from us?

- Yes, sign me up for the newsletter

- No, not right now

14. How did you hear about us?

- Google Search

- Social Media (Facebook, Instagram, etc.)

- Referred by a friend

- Other (Please specify) -----

15. Any additional comments or questions?

Jenny Haily